

### **ABSTRACT OF THE DISCLOSURE**

5           A portable wrist resting pad for relieving and alleviating the strain and fatigue to  
the wrist and arm from repetitive and continual use of a computer mouse and keyboard  
includes a first support member for disposition on the desk surface, a second support  
member mounted to the first support member and having a density less than the first  
support member, and a wrist strap that extends outwardly from opposite ends of the  
10 support members for encompassing the wrist and attaching the support pad to the wrist.  
The wrist support pad elevates the wrist the appropriate distance from the work surface to  
relieve strain and fatigue to the wrist and arm for preventing carpal tunnel syndrome; and  
preferably one wrist support pad should be secured to each wrist to obtain maximum  
benefit from the portable wrist rest pads.

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